

Feeding the Family

By ZOLA VINCENT
Food Editor

Enjoy Plentiful Lamb; Tricks Offer Variety

So many good things to talk about today! We see by the papers that California is top customer for lamb, second only to New York state; that our neighbors to the south eat 21 per cent of the lamb and mutton produced in the United States, an average of 12.3 pounds per person as compared to the national average of 4.5 pounds. Oregonians, too, eat more than their share.

Contributing factor is that we grow much of that good lamb and that our markets feature it practically the year around. Lamb is especially plentiful right now. Growers are urging us to enjoy it more often in more ways. Prices are reasonable for popular chops and roasts; at bargain levels for braising and stewing cuts.

Most popular ways of cooking this tender savory meat are broiled chops and roasted leg, sirloin, crown or cushion shoulder. Good cooks of foreign lands have brought us many delicious lamb recipes, also.

Lamb Chops Buying

Lamb chops usually are broiled; cost of chops depending on quality, cut, trimming. There are center cut loin chops, sirloin chops, shoulder round bone chops and shoulder blade bone chops. Center cut loin chops usually are highest priced; shoulder chops, lowest priced.

Lamb Chops Broiling

Allow two ribs per serving or one-half to three-fourths pounds of lamb chops. Those cut one to two inches thick are best when even-broiled. Thinner chops may be pan-broiled. Remove the thin fell covering the fat; slash edges of fat in several places to prevent curling. Place chops on broiling rack in preheated oven, so that surface of chops is about three inches from source of heat. Few people like rare lamb. Most prefer it well done. Figure seven minutes for one-inchers; 12 to 15 minutes for two-inchers.

Seasoning Tricks Many

Lamb chops simply seasoned with salt and a dash of pepper are fine fare. For variation, however, consider adding a dash of garlic salt, paprika or curry. Or try these suggestions:— For a mint jelly sauce, add one-fourth cup water to the broiling pan; stir in one-fourth cup mint or currant jelly. Let this boil up

Pour over the broiled chops. Lemon butter topping is made by blending two tablespoons butter, one tablespoon lemon juice and a dash of chili powder, curry powder or garlic salt. Spread over hot broiled chops. Sprinkle with chopped parsley. Serve hot.

Before broiling, brush chops with French dressing or rub surface with cut garlic clove. Popular marinade combines one-fourth cup salad oil; one tablespoon lemon juice, one teaspoon salt, two cloves of garlic, sliced. Enough for four thick chops. Let stand two hours or so.

Many like a marinade made by combining one-fourth cup salad oil, one-fourth cup catsup, one-fourth cup chopped onion, one teaspoon curry powder, a dash of tabasco. Let stand a few hours before broiling.

Broiler Care

When broiling just two or three chops, use a pie pan with a low rack or piece of wire mesh to hold chops off the pan. Saves broiler pan washing chore. Another time saver is aluminum foil in bottom of broiler pan.

Lamb Kabobs

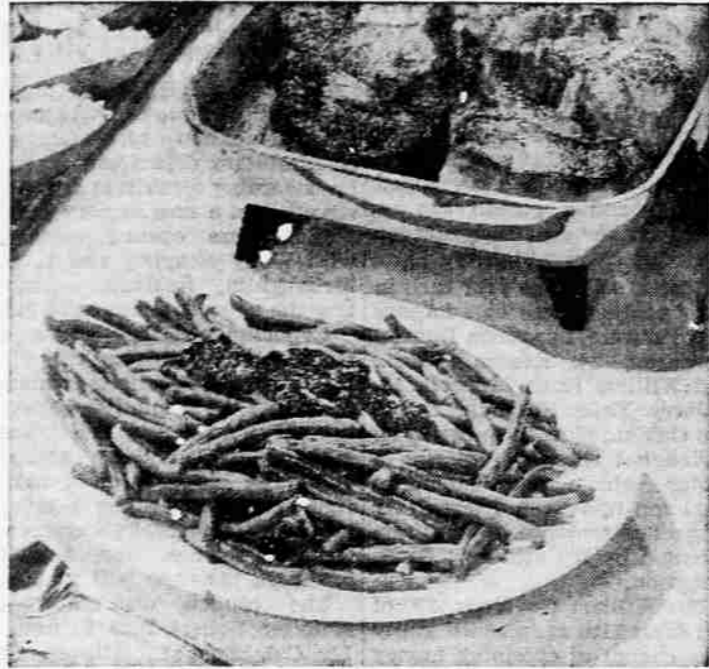
Western favorite is lamb cooked on skewers, indoors or outdoors. For each six skewers to serve four persons, cut 1 1/2 pounds lamb shoulder into one-inch cubes. Pour one-half cup French dressing over lamb. May be a split clove of garlic. Let stand at least one hour in refrigerator. Overnight is better. Wash one-half pound button mushrooms or use the canned ones. Cut four slices bacon into one-inch pieces.

Alternate lamb, bacon and mushrooms on metal skewers. Allow space between for thorough cooking. Many fail to do this; find lamb underdone and wonder why. Season with salt and pepper. Broil three inches from source of heat, about 15 minutes. Turn to brown evenly.

These spreads which come in cans and jars should be stored in a cool, dry, well ventilated place. Once opened, of course, they are stored in the refrigerator.

Ways With Plentiful Blue Lake Beans

Blue Lake Beans are tender, succulent, stringless variety of green beans that are grown especially for canning; retain their plump-



LAMB AND BEANS—Plentiful west coast lamb and pungent Blue Lake green beans make marvelous eating for family and company meals. Fine ways to prepare lamb, green beans and other good things are included in today's food columns.

ness, good flavor and fresh green color. They're grown exclusively in Washington, Oregon and northern California; are on the April plentiful foods list. Visiting with a dozen or so growers and canners of these famous beans in New York just ahead of the Canner's convention at Atlantic City, we asked them their favorite ways of eating their favorite food.

One industry leader said that the fresh, natural flavor of Green Lakes is so good that his wife adds only a generous lump of good dairy butter, salt and freshly ground pepper. Seems a proper answer and many will agree with him. A Southerner probably would say "Fry out some diced salt pork, add it to the green beans with a little of the fat." Good, too.

Pungent Green Beans

We asked another green bean fancier for her favorite recipe. She gave us this. We tried it and now it is one of our favorites also. Different, but more zest.

Drain liquid from No. 303 can of green beans into a saucepan. Boil liquid uncovered for eight minutes or so to reduce quantity; add beans, cover, simmer only until beans are heated thoroughly. Meanwhile, melt one-fourth cup cranberry sauce in small saucepan along with one tablespoon corn syrup, two teaspoons prepared mustard, one tablespoon vinegar and one-eighth teaspoon ground cloves and cinnamon (just a whisper, really). Pour glaze over beans to coat well. Toss and serve.

Other Variations

Drain liquid from canned green beans, into saucepan and boil uncovered eight minutes to reduce quantity. Add beans, together with any of the following seasonings: crisp, crumbled bacon, French dressing, finely minced onion, dash of Worcestershire or tabasco, one-fourth teaspoon basil, oregano or rosemary, one-half teaspoon dry dill seed, fresh dill, chopped parsley, chives, one-half teaspoon curry powder, touch of minced garlic, chopped green or red pepper, chopped salted nuts, buttered bread crumbs or light sprinkle of cloves, nutmeg or allspice.

Strawberry Jam, Grape Jelly Top National Favorites

Your foods editor learned a few things about pure fruit jam and jellies while visiting with representatives of the National Preservers Association recently. Organized in 1918, this association represents manufacturers of jams, jellies, preserves, fruit butters and marmalades throughout the United States. They "promote, protect and extend the welfare of the public as well as the industry; insure the housewife that the pure fruit spreads on her grocery shelves have been meticulously prepared."

Strawberry jam and grape jelly are the two top national favorites. Pinecot jam, peach jam, apple jelly and currant are other favorites. Average American consumes more than 4 1/2 pounds of pure fruit spreads per year, a total of over 300,000,000 pounds of fruits and berries going into 700,000,000 pounds of the finished product.

The word "pure" on any jam or jelly glass or jar means positively that only fruit, sugars, fruit acids and pectin have gone into the making.

Jam, Jelly Pointers

Store open preserves in the refrigerator or on the cupboard shelf. Refrigerator protects the natural color of some preserves, particularly strawberry which tends to darken in warm temperature. Always keep covered to avoid condensation and crystallization.

Use a clean, dry spoon when serving. This discourages mold which is not harmful, but is unattractive. If mold forms, simply remove.

With lamb, serve mint jelly, pineapple jam and jelly, currant, grape or orange jelly.

With pork, apple butter and apple jelly are favorites with currant a close second.

With ham, it is pineapple jam and jelly, apricot jam and jelly, orange or cherry jam.

With poultry, use blueberry jam, quince jelly, currant jelly, orange jelly, apple butter, orange marmalade, grape jelly, guava jelly, pineapple jam and jelly. Use them in sauces, gravies, as garnishes or as glazes.

Fish and shellfish find green gage plum jam superb.

Eggs favor apple jelly, apricot or strawberry jam.

When it comes to bread and butter, anything goes!

Officers Investigate Safe Thefts in Area

Sheriff's deputies and state police are investigating the second safe theft in this area in three days.

Operators of the Greyhound bus depot at Grants Pass yesterday morning reported that the company's safe was taken some time before midnight Tuesday night. Reports indicated the safe weighed about 350 pounds. No details of its contents were available here, sheriff's deputies said.

The first safe theft this week was at the New Pastime, 99 Howard ave., in Medford sometime Sunday. State police said the building was entered through a rear window. The safe reportedly contained \$74 in change.

Possible connection between the two thefts is being considered.

The Ford Motor Co. almost became a part of General Motors in 1908, but the deal fell through when William C. Durant, who founded GM that year, failed to raise \$8,000,000 cash for which Henry Ford had agreed to sell his company.

Americans Owe Public, Private Debt of About \$4,000 per Person

New York—(U.P.)—Joe Smith makes \$120 a week, before taxes. He is 34, married, and has two children, plus a dog.

He owns his own home. Well, he owns it in a way. The house is worth about \$18,000 but Joe still owes the bank \$12,000 on his mortgage.

He has a 1935 car but it, too, is only partly paid for. He makes a payment on it every month.

Six months ago Joe bought his wife an automatic washer but it will not be paid for until September. The Smiths have a brand new TV set, and they will be making payments on it until early in 1937.

Joe has a couple of fair-sized bills at two department stores and the suit he is wearing actually is his only up to the knees. Then there's a \$200 loan from the finance company. They needed it for that trip to Florida last fall.

Joe Smith is typical of millions of Americans. He is living in a way that would have shocked his parents.

Buy Now, Pay Later

It is a life of buy now, pay later. Live well—on the installment plan. It is a scheme based on confidence that the family income next month, next year, will be as high as it is today, if not higher.

Americans now owe a whop-

ping public and private debt of \$650,000,000,000. It figures out to around \$4000 for every man, woman and child.

Last year the total debt rose by \$45,000,000,000 the biggest gain ever for a single year.

Is Joe Smith worried? Apparently not. He and others like him are still borrowing and spending at a pace that keeps production lines sizzling.

Are economists worried? They say they are not. They pronounce the overall economic health of America as excellent.

For one thing, the American debt is backed by solid collateral—schools and factories, office buildings and homes, automobiles and refrigerators. And debt is only part of the picture. Other factors such as high employment and the amount Americans are investing and saving must be considered, too.

Most of the expansion in the public debt, which totals about \$270,000,000,000, took place in the depression and war years. Since the end of the war the most dramatic rise has been in private debt.

Question of Burden

The size of the debt and the speed with which it has grown naturally raises the question of just how much of a debt burden

the nation can bear.

It's a question nobody can answer with certainty. However, economists say a severe economic decline would have to take place before the present over-all debt became burdensome. They note that a high level economy is built upon debt.

TRAPPED

Carmi, Ill.—(U.P.)—State Rep. Paul Zeigler really went all-out to aid the recent polio fund drive here. A local radio station held an auction on services, and someone called in with a pledge for a donation—provided Zeigler, a Democrat, made a one-minute speech on why voters should vote for Republicans. Zeigler made the speech, and the donation was made.

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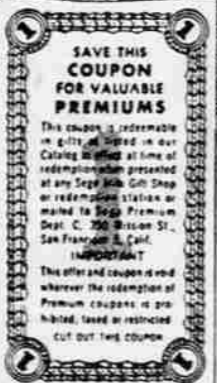
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